



## HOW GRADED READERS DEVELOP LIFE SKILLS?

### Keywords

story • critical thinking • emotional intelligence • collaborative behaviour

### Reading as a moment of growth and self-awareness

Reading is a gateway to the world around us. It puts us in touch with others and also with ourselves, by stimulating us to think about who we are, how we perceive reality, what we think about the things that happen and what could happen. In short: reading develops our life skills; it goes beyond educational aims and strengthens us as people, affecting our life from all points of view: emotional, social and cognitive.

Reading is an apparently simple activity, but in the same way that we approach a plot, evaluate the characters and the dynamics they create in the **story**, or even in the way in which we perceive the context, we form the **critical ideas**, the ability to evaluate ourselves and the world. Learning to evaluate means learning to sympathise and relate to others, to **collaborate** and develop **emotional intelligence**. This helps us deal with our everyday life more easily and solve the challenges and issues that arise thanks to the relationship with have with ourselves.

### Life skills in graded readers

Graded readers are structured precisely so that the reading and didactic moments that accompany them, give students an opportunity to think about themselves and the world around them. They do this in a “circular” activity of listening to their emotions, talking to each other about how they feel and forming critical and cognitive ideas. So, reading a story means, relating to others, asking questions and finally deciding, step by step, who they want to become.



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### The **LIFE SKILLS** series

#### What are Life Skills?

**Life Skills** can be found everywhere: from self development and life coaching books, to staff recruitment processes, and even in the classroom. They are transferable competences, recognised as essential for growth (initially personal and eventually professional), with the capability to instil positivity, versatility and readiness to face life's challenges. Life Skills have been defined by the World Health Organization (WHO) as “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life”.

**EMOTIONAL:**  
Self awareness  
Coping with emotion  
Coping with stress

**SOCIAL:**  
Empathy  
Effective communication  
Interpersonal relationship skills

**COGNITIVE:**  
Problem solving  
Decision making  
Critical thinking  
Creative thinking

The core of **Life Skills** is made up of 10 competences, grouped in 3 macro-areas.

